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www.metro.us Tuesday, March 24, 2015

Millions March

CUNY instructor charged with assault faces a judge

Eric Linsker, the CUNY instructor arrested in December after two NYPD lieutenants were assaulted on the Brooklyn Bridge, appeared in court on Monday. His case was continued because a grand jury action has not yet been issued.

Linsker is accused of throwing a garbage can at police on the Brooklyn Bridge in the hours following the Millions March on Dec. 13. Demonstrators marched in Manhattan to protest the deaths of Eric Garner and Michael Brown.

The 29-year-old adjunct initially escaped arrest after another protester hit one of the officers in the face. Police later found a backpack that contained two hammers, a small amount of marijuana and multiple IDs belonging to Linsker, according to the complaint.

Linsker is charged with robbery, assault on a police officer, riot, resisting arrest, reckless endangerment, obstructing governmental administration and unlawful possession of marijuana.

His next court date for Jun. 22. WENDY JOAN BIDDLECOMBE





Ecologist imagines Midtown as an oasis

Midtown. Urban ecologist wants New York to experience nature in Times Square.

The bright lights, skyscrapers and tourist bustle of Times Square is a spot where New Yorkers, native or otherwise, prefer to avoid.

But Mariellé Anzelone, an urban ecologist who lives in Brooklyn, wants New Yorkers to reimagine the way they experience nature in the city. So she has started a Kickstarter campaign to build a pop-up forest at the crossroads of the world.

"What's the most ri-

diculous spot you can think of? It's Times Square," said Anzelone of the project, which she started planning more than 18 months ago.

Anzelone's vision is to transform Times Square into a mini-forest, big enough to have a trail running through it. Soaring trees and wildflowers would be brought in, while the sounds of birds and other wildlife piped through.

"I'm not trying to make people feel like they're in the Adirondacks or anything like that, it's just this sense that New York City has all this nature, this really rich resource that we as a city under-appreciate and under-utilize.

The Kickstarter, which

"Nature's not this either/or, it's a continuum. I think it makes it more precious, the fact that it's still here with 8 million plus people."

Anzelone

began last week and finishes on April 17, has raised nearly \$12,000. Anzelone said she hopes to raise \$50,000 — though the campaign's official Kickstarter goal is \$25,000 — to pay for a landscape architect to design initial plans, fund a pilot project in Brooklyn this summer and allow

organizations such as the Times Square Alliance to formally sign on.

Anzelone, an advocate who works on biodiversity policy with city lawmakers, said she's had a lot of interest from elected officials, but no formal sponsors, since she's just in the planning stages.

But the temporary forest is just the jumping off point. Anzelone hopes the green space not only inspires New Yorkers to explore nature - such as Van Cortlandt Park in the Bronx or the Staten Island Greenbelt - and change public policy to protect the city's open spaces.



WENDY JOAN BIDDLECOMBE

Response. Bringing a burn ward to Brooklyn

Despite being the most populated borough in the city, Brooklyn has no burn center to treat local fire victims.

Gayle Sassoon and her 15-year-old daughter, Tziporah, survived the deadly blaze that killed her seven other children in Midwood Saturday, but the lack of a nearby

burn unit meant both had to be taken to units in two other boroughs.

"We cannot continue to have victims who are suffering from burns and fire-related injuries transported outside the borough for care," said Borough President Eric Adams.

Sassoon, 45, was

rushed to Jacobi Medical Center's hyperbaric unit in the Bronx, while her daughter was taken to Staten Island University Hospital North.

The other borough without a burn center is Queens. Manhattan has two — Harlem Hospital, as well as New York-Presbyterian's William

Randolph Hearst Burn

There is no estimate for how much it would cost to open a burn unit in any of Brooklyn's existing hospitals. Adams said he was committed to working with existing hospitals to open one in Kings County.

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Fundraiser

First World Trade Center stair-climb set for May

Climbers will ascend 180 flights of stairs to the 90th floor of One World Trade Center on May 17, to raise money for American servicemen and women who suffered brutal, life-altering injuries defending our freedoms.

Two charitable powerhouses are teaming up for the tower's first-ever stair-climb benefit.



The Stephen Siller Tunnel to Towers Foundation and the Captain Billy Burke Foundation announced details Monday at Burke's firehouse, Engine Company 21 in midtown. JOHN A. OSWALD

Inwood

Woman hit, killed by 1 train

A woman was hit and killed by a 1 train in the Inwood neighborhood of Manhattan on Monday morning, police said.

The 54-year-old woman, whose name has not yet been released, was on the elevated tracks in the 207th Street station in Inwood when she was hit and killed by a southbound 1 train around 10:30 a.m.

It is unclear if she fell or jumped onto the tracks. Police are investigating. METRO

New transit app gives rewards, travel advice

Commuting.

TravAlarm app allows users to keep pace with transit delays.

A new transit app wants to not only alert you of transit delays, but adjust your alarm accordingly to help you get to work on time.

And, if that doesn't work, you'll get a little treat to make the delay worth your while.

The TravAlarm app, which was a runner-up for Best Consumer/Iransit Rider App and Best Crowd-sourcing App in the MTA app contest, allows users to set their alarms to adjust for transit delays.

"What happens if you have a delay? You're late for work. Our app is go-





Quoted

"It's horrible, being delayed. We want to try to make people happy."

Kurzynowski

ing to alert you of a delay and wake you up a little bit earlier," said Nikki Kurzynowski, TravAlarm's social media director.

The app, available for Android devices and in beta on iOS, also gives riders a free offer when they are running late — such as a voucher for a free coffee, good for that day only.

Kurzynowski said the app works not only as an alarm, but a "travel companion" for Manhattan and the tristate area, and alerts users of travel disruptions during the delay on planned routes.



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Pols plot to help businesses stay put

Mom-and-Pop.

Small business owners would catch a break with the new bill.

New legislation aimed at stemming the grow-ing number of shuttered "mom and pop" stores and community institutions hopes to give business owners a year-long break before they can be kicked out due to rising rents.

Manhattan Borough President Gale Brewer said Monday the bill, which she is introducing with Brooklyn Councilman Robert Cornegy, would repair what she described as the repair lopsided way commercial leases are negotiated.

storefronts "Fewer mean fewer mom-andpop [stores]," Brewer said," which means fewer available services in the neigh-



"Sometimes a deal cannot happen. and in those cases there'll be an option of a oneyear extension so that you can give a successful business time to find a space."



borhood and a lower, lessinteresting quality of life."

Brewer and Cornegy announced the bill from a Halal Guys storefront, the latest brick-and-mortar space for a company that started out as just a street cart 25 years ago at the corner of 53rd and Sixth Avenue.

It has since expanded across the country and as far as Malaysia and the Philippines.

"And that's all because we're so lucky to be in the great New York City," said Hesham Hegazy, the company's general manager.

Many of the closed businesses end up perpetually vacant or replaced by chains. A recent report by the Center for an Urban Future found that 2014 was the sixth year in a row that New York City saw a net increase in national chain stores.



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It took three years of development and \$26 million in advanced Swiss-built watch-making machinery to create the Magnificat II. Look at the interior dials and azurecolored hands. Turn the watch over and examine the 27-jeweled automatic movement through the exhibition back. When we took the watch to George Thomas (the most renowned watchmaker and watch historian in America), he disassembled the

Magnificat II and studied the escapement, balance wheel and the rotor. He remarked on the detailed guilloche face, gilt winding crown, and the crocodile-embossed leather band. He was intrigued by the three interior dials for day, date, and 24-hour

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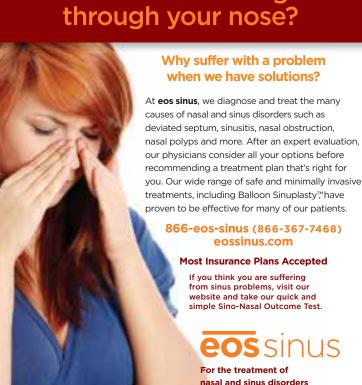
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Yemen edges toward war

Security. The U.S. had to evacuate its remaining personnel, including about 100 special operations forces.

Yemen's top factions are squaring off for battle after months of skirmishes, turning respectively to neighboring Saudi Arabia and its regional rival Iran for help in what may become an all-out war.

With President Abd-Rabbu Mansour seeking a comeback from the port city of Aden while the Shi'ite Houthi movement controls the capital Sanaa, rival administrations are trading bellicose rhetoric as fighting intensifies and factions



"For years Yemen has defied all the odds and proved wrong those who said it was on the brink of civil war and about to collapse ... But we may have run out of miracles."

Farea al-Muslimi, a researcher with the Carnegie Middle East Center

commandeer for the next stage of the struggle.

Somewhat on sidelines, al Qaeda in the Arabian Peninsula and Islamic State are waiting to exploit what some fear could become Yemen's worst conflict since a 1994 civil war.

Yemeni Foreign Minister Riyadh Yaseen called on Monday for Gulf Arab help to prevent the Houthis' getting air con-

trol.
"We have expressed to the Gulf Cooperation Council, the United Nations as well as the international community that there should be a no-fly zone, and the use of military aircraft should be prevented at the airports controlled by the Houthis,' he told the newspaper al-Sharq al-Awsat. REUTERS

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Five things you need to know

Netanyahu tells Israel's Arabs he 'regrets' election day rallying call

Israeli Prime Minister Benjamin Netanyahu said on Monday he regretted offending Israel's Arabs during a rallying call on election day last week that his critics had denounced as racist.

In a video clip posted on his Facebook page, Netanyahu told representatives of Israel's Arab community: "I know that the things I said a few days ago offended Israel's Arabs. I had no intention for this to happen, I regret this."

Fearing his voters would stay home, Netanyahu, who won a surprise election victory last Tuesday and is set to head a new government, accused left-wing organizations of bussing Arab-Israelis to the polls "in droves" to vote against him.

"The rule of the right is in danger," he said at the time.

Speaking to the group of Israeli Arabs at his official residence in Jerusalem on Monday, Netanyahu said: "I consider myself as prime minister of each one of you, of all Israel's citizens, regardless of religion, race or gender."

While he got a warm reception from those present, his comments were rejected by Ayman

Odeh, leader of the Joint Arab List, which secured 13 seats at last week's election to become the third largest force in parliament.

NETANYAHU /GETTY IMAGES

Missing student found alive in Yosemite National Park

A college student who went missing in Yosemite National Park over the weekend was found alive on Monday, suffering from multiple injuries, about a quarter mile from where he was last seen, park rangers said.

Michael "Mic" Dahl, 20, was reported missing on Saturday by his three friends after he vanished while they were scrambling on rocks beneath Lower Yosemite Fall. The group had just hiked a paved path to the falls.





Virginia police say no evidence for Rolling Stone's college rape story

A police investigation has found no evidence to back up a discredited Rolling Stone magazine story about a gang rape at a University of Virginia fraternity, officials said.

Rolling Stone magazine reported in November about an alleged 2012 attack on a woman at a Phi Kappa Psi fraternity house pledge party and the university's failure to respond to it. The magazine backtracked on its story in December, citing "discrepancies" in the accuser's account.

Texas boy, 12, in custody for fatal shooting of 13-year-old

A 12-year-old boy has been taken into police custody for the homicide of a 13-year-old, who was shot when the two were playing with a gun in a suburban Dallas home last month, police said on Monday.

Matthew Cisneros, 13, was found dead with a fatal gunshot wound at his family's home in Garland, with a pistol near the body, police said.

The death was ruled a homicide, which prompted the police to take the 12-year-old, who has not been identified, into custody, police said. They added they initially believed the death was a suicide.

New Orleans judge declares Robert Durst major flight risk, denies bail

Robert Durst, the real estate scion awaiting extradition to California to face a murder charge, was denied bail on Monday after a judge deemed him to be a potential danger to others and a likely flight risk.

Durst must remain in Louisiana on local weapons charges at least until his next court date on April 2, Magistrate Judge Harry Cantrell ruled.

"There is a substantial risk the defendant might flee," the judge said.

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Analysis. 'Cruz lacks the experience and political network Hillary has'



Texan Sen. Ted Cruz has announced that he will run for president in 2016, becoming the first major candidate in the race to the White House. Cruz made his announcement during a speech at Liberty University in Lynchburg, Virginia. The 44-year-old Republican's eligibility as a candidate has already hit controversy as Cruz was born in Canada, while the U.S. Constitution restricts the presidency to "natural-born citizens" of the United States. Timothy Carney, a fellow at the Washington D.C.-based think tank American Enterprise Institute, profiles the candidate.

Is he a real counterweight to presumed Democratic contender Hillary Clinton?

Cruz lacks the experience and political network Hillary Clinton has, but so did Barack Obama in 2008. He is focusing his attacks on corporate welfare, which will be an effective criticism of Clinton. First, though, he would need to win the Republican Party nomination against many strong candidates.

What is he famous for?

Cruz is famous as an anti-establishment fighter. He challenges his own party's leadership Question

What is he known for?

Ted Cruz is a U.S. senator from Texas. He's a Republican, first elected in 2012. He is conservative, and is seen as a leader of the Tea Party movement. Cruz was born in Canada, but he was a U.S. citizen when he was born, and so he is allowed to run for president, according to the standard interpretation of the U.S. Constitution.

as much as he battles Democrats. Most famously, he led the filibuster that shut down the government for 17 days in 2013, in an effort to block President Obama's healthcare law.

What's the most important thing we heard in Cruz's speech in Lynchburg, Virginia?

Cruz played up his very American and compelling family story, including his father from Cuba, his mother from a European background, and his wife with missionary experience. Also, he played up religious, conservative issues more than most people expected. DMITRY BELYAEV, METRO WORLD NEWS

Recalled

Honda hires U.S. engineering firm Exponent to probe Takata air bags

Honda Motor Co has hired Exponent, a U.S.-based engineering consulting company enlisted by Toyota Motor Corp during its recall crisis in 2010, to



investigate the cause of ruptures in some air bags made by Takata Corp.

The hiring of Exponent was first reported by Ja-

2

25M

About 25 million vehicles with Takata air bags have been recalled worldwide since 2008.

pan's Jiji News on Monday and confirmed by a Honda spokesman in Tokyo.

A consortium of 10 automakers led by Toyota

Motor Corp. and which includes Honda has separately commissioned engineering firm Orbital ATK to conduct independent testing of Takata's air bag inflators, which can rupture with too much force, shooting metal shards into vehicles. Six deaths have been linked to the problem so far, all on Honda cars.





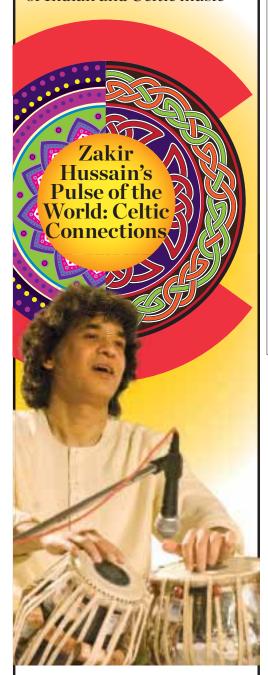
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Are US students losing interest in Chinese?

Asian studies.

Educators say fewer students are signing up to learn Chinese.

American students are getting cold feet about studying Chinese in China, with many study-abroad programs in the country seeing a substantial drop in enrollment.

Between 2002 and 2006, Chinese language study at U.S. institutes of higher education leaped 50 percent, according to the Modern Language Association (MLA); it grew a further 16 percent between 2006 and 2009. But from 2009 to 2013, growth in enrollment had slowed to just 2 percent, an MLA study released last month

By contrast, Chinese



students continue to embrace the United States. The number of Chinese studying in the United States jumped in 2013-14 to more than 274,000.

No payoff?

TREATMENTS OF MANHATTAN

When students do come to China, they are increasingly coming for shorter periods of time, and are often focusing more on just the language.

"It really comes down to money," says John Thomson, a study abroad executive. "You're taking yourself out of the job market for a couple years to study an extremely difficult language." REUTERS

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The bottom line

Less need for foreigners

For U.S. students, China's notorious pollution is a concern. Job opportunities are another. As multinationals in China hire mostly local Chinese, a growing percentage of whom have studied abroad, they have less need for foreigners who speak Chinese.

"I came to China thinking I could learn Chinese and get a highpaying job. I learned very quickly that was not the case," says lan Weissgerber, a 25-yearold American graduate student in China. "A lot of Chinese can speak English just as well as I can, and Chinese is their native tongue too."



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CULTURE

Today, RuPaul has some

interesting fashion rules, Billy Eichner is your new dating guru, Ben Stiller is just stating a basic fact,

Lil Wayne wants to show you his meals and Hailee

. Steinfeld is feeling mean-

@RuPaul: All fashion sins

are forgiven when topped

don't look like ur about to

actors are just really really good looking.

@LilTunech: I finally got

НАНАНАНАНАНАНА

WATCHING PEOPLE FALL

IS SO FUNNY HAHAHAHA-

@HaileeSteinfeld:

нанана.

Unless it's you.

with a side ponytail

@billyeichner: Maybe

@RedHourBen: Italian

cry in ur Tinder pic

Vin Diesel names new daughter after Paul Walker

Vin Diesel's fraternal affection for his late "Fast and the Furious" co-star Paul Walker is apparently very deep and very authentic. Case in point? Diesel's newborn daughter. "I named her Pauline," he revealed on the "Today" show. There's no other person [I was] thinking about as l cut the umbilical cord. I knew he was there and I felt it was a way to keep [him] a part of my memory, a part of my world." The announcement also came with a surprisingly personal vote of confidence for "Today" show anchor Natalie Morales: "I'm telling you this because I love you," Diesel said. "I know that you are a good soul, and I know that this is in good hands." So, um, good job, Ms. Morales?

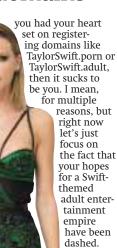




Taylor Swift racks up the porn domains

Taylor Swift is all about insurance these days, and not just when it comes to her \$40 million legs. The savvy pop star reportedly purchased a number of adult-themed domain names before they became available to the public as a means to thwart porn peddlers from cashing in on

her fame. So if



I H E WORD Ned Ehrbar takes on the world of gossip. NED EHRBAR @Nedrick ned.ehrbar@metro.us

Mila Kunis' marital status revealed

James Corden is off to a good start as the newest, late-night talk show host on the block, as during his very first guest segment he managed to kind of sort of confirm that Mila Kunis and Ashton Kutcher are indeed already married. During Corden's premiere interview with Kunis — pre-taped ahead of its Monday airing, according to the Daily Mail — the British host

the "Jupiter Ascending" actress about whether she and Kutcher have already tied the knot, only to be met with a repeated JAMES CORDEN response of, "Maybe." But he's not having it. "Either you're married or you're not,' he says before demanding she show off her left ring finger, which sports a golden wedding band. "They are married, look," the host declares. So now you know.

continually prods



A new kind of 'Happy'

Interview. Elisha Cuthbert says she's feeling good about going from "Happy Endings" to "One Big Happy."

Elisha Cuthbert has come a long way from staring down a cougar as Jack Bauer's oft-imperiled daughter on "24." After a stint as the slightly daffy Alex Kerkovich on "Happy Endings," Cuthbert decided to stick with comedy, and found her way to "One Big Happy." The show, produced by Ellen Degeneres, has her playing Lizzy, a lesbian who decides to have a baby with her straight best friend Luke (Nick Zano) just as he meets and marries Prudence (Kelly Brook).

What made you decide to move on to this show from "Happy Endings"

I took the

longest time to get on something else. Everyone was so brilliant on that show that there was a weird thing where I didn't know what to do after that. I was a little bit shellshocked.

But you wanted to stick with comedy? I just had so

much fun on "Happy Endings" that I felt like



the perfect transition for me, and to be in front of a live audience is mindblowing.

Is it scary to go out in front of the crowd?

ELISHA CUTHBERT

HER DOLK/NBC

I got used to the workload that would come with it. I love the schedule, but I will never get over the fear. I don't know how other

"Friends" cast or "Seinfeld" - I don't know how they felt about it, maybe they didn't care, but I would love to know. Because I am literally petrified until that first take.

Are you worried the audience won't laugh?

I feel confident in the writing that it's going to be funny. It's more that I don't mess it up to the point where I'm embarrassing anybody. But I put the homework in. I do my job. I work hard, so I'm always overly prepared.

She comes and warms up the audience, which is terrifying, because then we have to follow the funniest human being. The best note she ever gave me was that we're really going to have to believe in this friendship between Luke and me, which, as far as Lizzy's concerned, is the most important relationship she has. And Ellen was like, we have to believe that, and if we don't believe that in every scene, then we have nothing. So she had great notes.

on the show?

Bonus questions

Character work

How do you feel about embracing a new character?

She's actually the closest to a character that I've personally been connected to, because I'm a little bit particular about how I like things. Not uptight, but I have a plan and I'm meticulous about things, and a bit dorky.

Have the writers started adding that dorky side in for Lizzy

I think it already has been. I think there was a certain type, and then as they started to see that I was a bit like that, it evolved. I mean, on "Happy Endings," I didn't know I was a complete dodo until Season 2.



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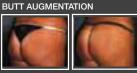
































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Embracing

Interview. Musician Mat Kearney pushes himself to the limit for "Just Kids," his fourth studio album.

Mat Kearney has a thing for drones. He became so preoccupied with them that he actually used one to film his "Heartbeats" music video, the first single off his fourth album, "Just Kids." "I just got really obsessed," he tells us. "Who

"I just got really obsessed," he tells us. "Who doesn't want a camera where you can fly around like you're in a James Bond movie with cameras flying around you?" In order for it to work, everything had to be done in one take; there couldn't be any editing. "The dancers had to do everything perfect. I had to do everything perfect. I had to do everything perfect. The drone had to hit all its marks and the camera

operator had to frame everything perfectly. It sounded like a challenge that was different from what I'd done."

Taking himself by surprise

Experimenting with drones isn't the only challenge Kearney has given himself lately. He's also taking the reins more on producing, including most of the songs on "Just Kids," something he's shied away from in the past. While working on the record, he spent a lot of time trying different things on his own, which led to some surprising discoveries.

"When you're alone, you're more likely to go places that seem weird and odd," he says. "You're more willing to take chances because you're just having fun. Sometimes some really beautiful things happen when you have no consequenc-

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SXSW Comeback

The Ting Tings

Most of the 2,300 musical acts at SXSW are newbies, using the festival as their chance to get pegged "the next big thing." The Ting Tings is not one of those bands. Their hits "Shut Up and Let Me Go" and "That's Not My Name" were everywhere in 2008, but for the past few years, they've struggled to produce another contagious feelgood hit. For them, SXSW is a chance to prove their

moment is not over.

The British twosome, comprised of Katie White and Jules De Martino, played multiple shows while in Austin, including at Perez Hilton's One Night In Austin party.

The band's latest album isn't due out until October, and it will be a make it or break it release. Their SXSW concert showed they have what it takes to produce catchy, feel-good dance anthems — if they go all out. EMILY LAURENCE



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the drone life

es and no one is there to tell you it's wrong."

Paul Simon and **Kanye West** mash-up

Though it's classified in the pop/rock genre, Kearney's music is heavily rooted in hip-hop, something he tells us he's always listened to a lot of. "When I set out to make this record, I kept asking, What would it sound like if Paul Simon and Kanye West made a record together?' That was kind of the goal," he says.

This is the first album Kearney has made since getting married, and one of the themes throughout is transitioning from the honeymoon stage to being faced with real difficulties and challenges. And then there's the title track, which begs for a return to innocence.

"It's about the idea of going back to a place



before someone cheated on us, or we had our heart broken or we were taught not to trust," he explains. "Like, here's the reality we're facing, but can we go back to when we were just kids?'



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Mat Kearney

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- Penile prosthesis. http://www.essm.org/society/esha/malesd/oraltreatments/penileprosthesis.html. European Society for Sexual Medicine (ESSM) Web site. Downloaded May 2013.

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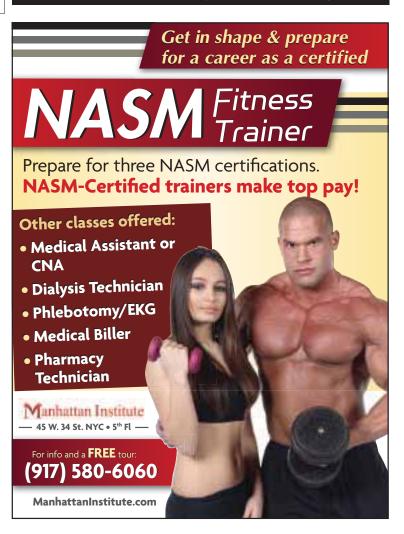


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PROVIDED

The toy on every hipster kid's wish list

Brooklyn-based toy company Famous OTO has outdone itself by creating a toy that truly reflects its neighborhood. Its cardboard food trucks are the toy of the moment. Dining al fresco with some food truck nosh has become pretty standard practice in Brooklyn, with food trucks even at some of the borough's most popular bars. Right now, the two for sale are a taco truck and an ice-cream truck, and there's also a smaller ice-cream truck for cats. (You'll find one at cat cafe Meow Parlour.) Not only are they beautifully designed, they're easy to fold up for storing and transporting. The material is also non-toxic and biodegradable. The small size retails for \$29, while the bigger sizes are \$59 and can be purchased at famousoto.com. EMILY LAURENCE

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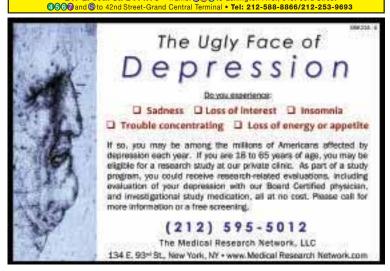
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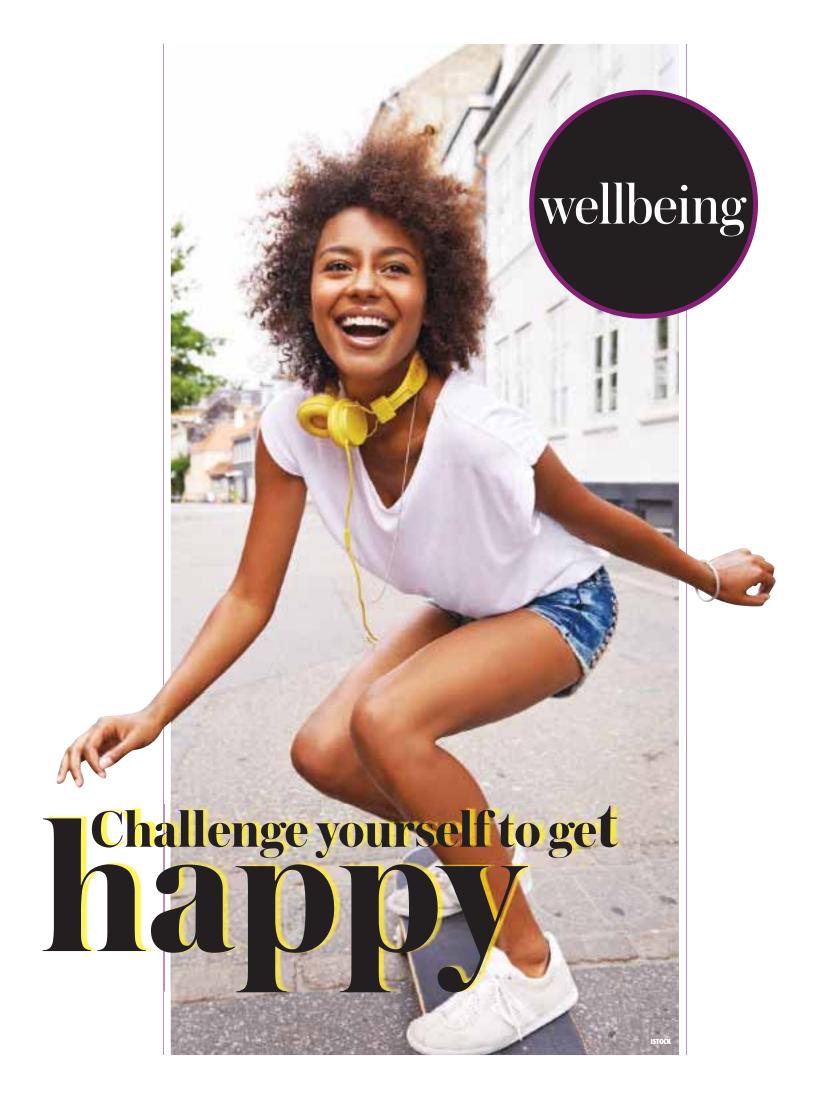
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Make change your routine

With a little courage, spring can be a time of personal growth.



Forget your broken New Year's resolutions. With spring finally here, it feels like the real new year is just now beginning. If you're ready to switch things up, Lu Ann Cahn — whose memoir "I Dare Me" recounts her year spent trying something new every day — shares how stepping into the unknown led her to happiness.

Failure is not the end

The hardest part of trying something new is the first step. But Cahn found that even when she didn't succeed, the experience of stepping outside her comfort zone built courage, anticipation and readiness for more. "In the beginning, I had no idea what I was doing or what would happen," she says. "But almost immediately, I started feeling better. And the more I took risks, large and small,



You don't know if you'll love it until you try. ISTOCK

everything got better — life opened up."

One thing leads to another...

As she gained confidence in herself, the scope of Cahn's goals grew beyond what she'd anticipated, like going back to school after age 40. Barriers A hula hoop can change your life? Visit **metro.us** like time commitment and initial difficulty no longer deterred her. "Before I started this journey, I don't know that I would've been able to tackle [returning to college] because I was so stuck," she says.

Stop assuming

"There's a whole buffet

of life out there, and we keep picking at the same part every day without realizing we're missing great experiences," Cahn says. She thought she'd hate golf, but what she really never wants to do again is go to the opera. "We make judgments about things every day — someone asks you to do something, and you

Reality check

When Cahn first started out, she had nothing to lose after her job of 20 years drastically changed in 2009. There was no room for doubt; moving forward was the only option. But even six years later, her old, cautious way of thinking hasn't gone away. So, she came up with a counterargument: "I have to remind myself, like anybody else, to say, 'What's the worst thing that can happen?""

think, 'I don't feel like it, it's not my thing' — and that's where we kind of miss out"

Don't be afraid to fly solo

Though her friends were supportive of her project, staying committed sometimes meant going it alone for Cahn. (There were no takers for a 10K mud run.) But that's when things got interesting. "It's good to venture off on your own because things happen differently when you're by yourself," she says. Like approaching people she wouldn't have reached out to with a friend in tow: "My world expanded because of it."





Extended Puppy

Twist out the headache with these moves

There's nothing like a headache to bring your day to a grinding halt. Even routine things like chores can become impossible when you just can't concentrate thanks to all the pressure and pain building inside your head.

"The best remedy for a migraine really is a dark room, a cold compress, and sleep — but unfortunately, it's not always enough," yogi Kathryn Budig says.

Since you can only take so many aspirin in a day, we asked Budig to share some yoga poses to get some natural headache relief.

Extended Puppy

From your hands and knees, walk your hands

forward a few inches and curl your toes under. As you exhale, move your butt halfway back toward your heels. Keep your arms engaged and don't let your elbows touch the ground. Drop your forehead to the floor and relax your neck. Keep a slight curve in your lower back. Press your hands down and stretch through the arms

while pulling your hips back toward your heels. Hold for 30 seconds, then release your butt down onto your heels.

Head to Knee

Sit on the floor with your legs straight in front of you. Inhale, bend your right knee and draw the heel back. Rest the sole of your right foot against your inner left thigh. Press your right hand against the crease where the thigh meets the pelvis, and your left hand on the floor beside your hip. Exhale and turn your torso slightly to the left, lifting it as you push down on the

inner right thigh. Reach out with your right hand to take the inner left foot, thumb on the sole.

Inhale and lift your torso, pressing the top of the left thigh into the floor and extending through the left heel. Use the pressure of the left hand on the floor to increase the twist to the left. Reach your left hand to the outside of the foot. With arms fully

lengthen your torso. As you descend, bend your elbows out to the sides and lift them away from the floor. Lengthen forward into a comfortable stretch; hold for about one minute. Come up on an inhale, then repeat on the other side.



Standing Forward Fold

Stand in Tadasana, hands on hips. Exhale and bend forward from the hips, not the waist. As you descend, draw your torso out of the groin, opening the space between the pelvis and the sternum. Keeping your knees straight (if possible), bring your fingertips to the floor, slightly in front of or beside your feet. Cross your forearms and hold your elbows. Hold for up to one minute. To come back up, don't roll the spine. Put your hands back on your hips, then press your tailbone down and into the pelvis and come up on an inhale



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Comfort food with a skinny swap

This is not your grandmother's lasagna — and that's a good thing.

MARIANNE HAYES

The season of everything green is here, which means it's time to wave goodbye to squashes and gourds. But before the rhubarb and ramps arrive, we asked Gina Ĥomolka, author and recipe developer at SkinnyTaste.com, to share one last healthy recipe with our favorite winter vegetable. This lowfat version of Italian lasagna gets a healthy upgrade with butternut squash.

Another tip to cut calories: Build portion control into the dish. "Rather than making it as a large tray, I prefer to make them into rolls, which I load up with vegetables," says Homolka. Who knew comfort food could be so good for you?

Butternut Squash Lasagna Rolls

- 1 pound peeled butternut squash diced
- 1 tsp olive oil
- 1/4 cup minced shallots • 2 cloves garlic minced
- 2 1/2 thsn fresh
- grated Parmesan cheese • 10 oz. frozen chonned spinach, cooked, cooled
- and squeezed dry 1 3/4 cups fat-free ricotta cheese
- 1/2 cup grated
- Parmesan cheese
- 1 large egg • 1/2 tsp kosher salt
- 9 cooked lasagna noodles
- 9 tbsp shredded part-skim mozzarella cheese
- 1/8 tsp black pepper

Directions:

Preheat the oven to 350°F. Place squash in a large pot with enough water to cover, plus an additional 2 inches. Add 1 tsp salt and bring to a boil. Cover and cook over medium-low heat until soft, about 12 to 14 minutes.

Remove butternut squash with a slotted spoon and place in a blender with 1/4 cup of the liquid it was cooked in. Reserve an additional 1 cup of liquid.

In a medium nonstick skillet, add the oil and sauté the shallots and garlic over medium-low heat until soft and golden, about 4 to 5 minutes. Add nureed butternut squash. season with 1/4 teaspoon salt and a pinch of fresh cracked pepper, adding about 1/2 cup to 3/4 cup of the reserved liquid to thin out the sauce until smooth. Stir in the Parmesan cheese and set aside

In a medium bowl, combine the spinach, ricotta, Parmesan, egg, 1/4 tsp salt and 1/8 tsp pepper. Ladle about 1/2 cup of the butternut sauce into the bottom of a 9x13-inch baking dish.

Put a piece of wax paper on a work surface and lay the cooked lasagna noodles out on it. Make sure the noodles are dry. Spread 1/3 cup of the ricotta mixture over each noodle.

Carefully roll them up and place them seam side down in the baking dish. Ladle the remaining sauce over the lasagna rolls and top each with 1 tbsp mozzarella.

Tightly cover the dish with tinfoil and bake until the inside is heated through and the cheese is melted, about 40 minutes.



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A small side business will bring in extra income. Don't allow unpaid bills to add up. If you are struggling, get in touch with an adviser.

Taurus | April 21-May 21

Don't let an oversensitive attitude dictate your actions, or you will make an unfortunate mistake that will ruin your plans.

II Gemini | May 22-June 20

Profit can be yours if you act at the right moment. An energetic approach will help you take care of unfinished business. Help someone in need.

Gancer | June 21-July 22 You will be tempted to take on too much. Keep your schedule flexible so that

you will be able to deal with unanticipated matters.

Leo | July 23-Aug. 22

There will be underlying problems regarding your work. Stick to your tasks and don't offer opinions or make judgments.

M Virgo | Aug. 23-Sept. 22

Everyone will want to hear your ideas, so present them with enthusiasm. Someone who can make a strong impact on your future will show interest in you.

△ Libra | Sept. 23-Oct. 22 Beware of joint ventures

that involve giving more than you get. A close friend will not turn out to be a good professional partner.

M Scorpio | Oct. 23-Nov. 21 You'll end up riding an emotional roller coaster if you aren't careful. It's a good time to stay on the

sidelines

⁷ Sagittarius | Nov. 22-Dec. 21 You may lack energy, but you should resist the temptation to take it easy. You will accomplish much and gain respect if you complete all of your responsibilities.

Capricorn | Dec. 22-Jan. 20 You have a unique sense

of fashion. Some innovative but inexpensive ideas will result in an updated personal look.

Aquarius | Jan. 21-Feb. **18** Household demands will have family members feeling anxious. Take on projects that will make your surroundings more comfortable and convenient.

Pisces | Feb. 19-March 20 Don't hold back about telling your friends and loved ones how you feel. It will improve your relationships. EUGENIA LAST

Letters to the editor

Unequal transactions

I heard a commercial for flipping houses, the process where one buys a house, doesn't live in it, holds onto it for a year or two and then sells it for a healthy \$60,000 profit. This is called an excellent business transaction. Eric Garner bought two packs of cigarettes a day at \$8-10 dollars a pack, and sells them loosely for .75 cents to \$1 for a healthy \$10-20 dollar daily profit. This is called a crime. A couple have alcoholic beverages at an outdoor restaurant and it's a leisurely luxury. Another person buys a beer at a deli and drinks it on the street and it's called a crime. These people would have loved to have a beer at an outdoor restaurant, but are living within their means and

can't afford to do so. There is something inherently wrong and inequitable in our rule of law. DAVID DIBELLO, VIA EMAIL

Meaty issue

With April Fools' Day just around the corner, it appears that the meat, egg, and dairy industries have been playing us for fools all year-round. Their more remarkable hoaxes include "California's happy cows," "Free-range chickens," "Humane slaughter." All lies. Less fun is the stuff they never talk about. Like the hundreds of millions of chickens crammed seven into a cage designed for one, unable to move or spread their wings. Or their male counterparts ground up live at birth and fed to other chickens. BILL HEINSTADT, VIA EMAIL

Sudoku: Easy and hard

2		9					7	8
	6			3	9			1
5	8		2			6		
			7			4		
	7			9			5	
		6			2			
		1			4		3	9
4			9	2			6	
8	9					1		2

9	1			6		2		
4					2	3		
	8	2	9		5		7	
7								3
			8		4			
1								4
	4		5		1	6	3	
		1	6					9
		5		4			1	2

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with

reasoning and logic.

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Crossword

Across

- 1 Wild guess 5 Italian food
- 10 Floating platform
- 14 Happy -
- 15 Goddesses' statues
- 16 Screenwriter James -
- 17 Mrs. Lennon
- 18 Ducky lawn? (2 wds.)
- 20 Seal a tub
- 22 Storm warnings
- 23 Foulard kin 25 Type of appeal
- 26 Damsel
- 27 Snow boot
- 28 "— Excited" 32 Altar area
- 33 Gauzy material
- 35 Natural eyewash
- 36 au vin 37 Race the engine
- 38 Lead balloon
- 39 Disagreeable task
- 41 Flowed back 43 Mince
- 44 Tibet explorer Alexandra
- David- —
- 45 "Norma —" 46 Game one
- 48 Port near Algiers
- 50 College treasurer
- 51 Molds
- 54 Brain parts

- 55 Nail pro
- 57 Footnote abbr. (2 wds.)
- 61 Revival shout
- 62 Hair tint

- 66 Luncheon salad

Down

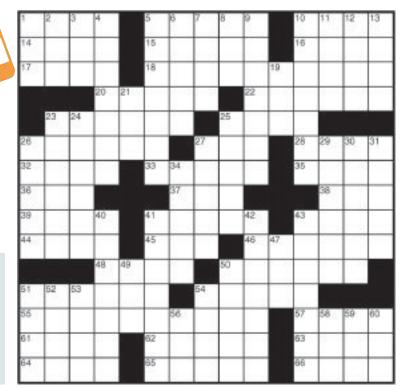
- 1 Retiring
- 4 Heavy fabric
- 7 Overcharge, slangily
- 8 RN's knack
- 9 With suspicion
- 10 Cheese dish 11 Culture dish goo
- 12 Gala
- 13 Hardy's dairymaid
- 23 Ness' quarry
- 24 Daring
- 26 Georgia city
- 27 Annapolis frosh 29 Saudi city

- 63 Martha of dental ads
- 64 Turn state's evidence
- 65 Degas or Cayce

- 2 As well as 3 Puffin kin
- 5 Sharp-tasting
- 6 Teen bane

- 19 Day- paint
- 21 Hail, to Caesar
- 25 Liniment

- 30 Flying —
- 31 Buy by mail
- 34 Kind of sprawl
- 40 Inclined
- 41 Exam smudge
- 42 Skeptic 43 Banquet finale
- 47 Before, in combos
- 49 Camcorder button
- 50 nova
- 51 Fitness centers 52 Prefix for "sphere"
- 53 Yemeni port
- 54 Ding-a- (airhead) 56 Eliminate
- 58 Letter after sigma
- 59 Author Rand 60 Meadow



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extension not get far. According to see the full TV schedule for the NCAA tourney.

Namath wants the Jets to nab Mariota in draft

NFL. The greatest quarterback in Jets franchise history is sold on the young Oregon stud.

There hasn't been a franchise quarterback for the New York Jets since Joe Namath left the team in 1976. Namath is hoping that will change this year.

Now 39 years after Broadway Joe left New York, he thinks it is about time for the team to finally draft that franchise-changing QB. And with the No. 6 overall pick in this year's NFL draft, Namath thinks the Jets could and should draft that big-time quarterback if one is still available.

Florida State quarterback Jameis Winston will likely be off the board at that point and could well go No. 1 overall. But Marcus Mariota, the Heisman Trophy and Maxwell Award winner after a recordsetting year at Oregon in 2014, could fall to the Jets. He's a popular selection for most mock drafts at No. 6, for what that's worth.

And if he does make it through the first five picks, Namath would be licking his chops for general man**Matinee idols**

Joe Namath was a high draft pick in his own right, the No. 1 selection in the



ager Mike Maccagnan and head coach Todd Bowles to make Mariota the first pick of their new regime. Mariota would join a suddenly crowded (and deeper) quarterback depth chart with incumbent starter Geno Smith and recently acquired Ryan Fitzpatrick in the mix.

"Yeah, I would take him. I would take him," Namath told Metro in an exclusive interview. "I don't believe he's going to be sitting there. I don't. But yeah, I would take him because he might be the best of the three."



The concern with Mariota is not about pure talent
— he is supremely gifted
and can make nearly all
the throws an NFL team
would like. The concern is
not about his production
— he shattered passing records at Oregon. The concern is his acclimation to a
pro style offense.

At Oregon, and in the spread, he made a lot of first-read throws. He will need a learning curve and

the Jets, with either Fitzpatrick or Smith capable of starting, could be a good fit. Veteran wide receivers like Brandon Marshall and Eric Decker could help the transition as well.

Namath wasn't prepared to sit down and say that Mariota was immediately ready to start, but he likes what he sees.

"You've got to sit down and look at every bit of tape," Namath said. "I don't know how many of us fans have actually seen Mariota run 900 plays and how he's reacted in various situations. I don't know if any of us know the plays called ahead of time for the quarterback that weren't good calls.

"But there's no doubt that the kid can play."

KRISTIAN DYER @KristianRDyer sports@metro.us

Sports news you need to know

Rangers to take on Kings in Cup Final rematch

The two teams that squared off in the Stanley Cup Final last June will clash for the second and final time this regular season Tuesday at Madison Square Garden (7 p.m., NBCSN). The Rangers took the previous meeting, 4-3, back on Jan. 8 in L.A. New York comes in off an impressive 7-2 victory over Anaheim on Sunday. They've now won two in a row and eight of their last 10 games.

The Rangers are currently tied with the

Montreal Canadiens at 99 points for the top seed in the Eastern Conference, with the Rangers holding two games in hand. Goaltender Henrik Lundqvist is listed as doubtful for the game, still recovering from a scary neck injury suffered back on Jan. 31. The Rangers are 20-2-3 in his absence, with Cam Talbot picking up most of the slack. The defending champion Kings are currently out of the play offs in the West, four points behind eighthseeded Winnipeg. ROBERT CRISCOLA





Isles back home to face Wild

The Islanders will look to right the ship as the Wild pay a visit to Nassau Coliseum on Tuesday (MSG-plus, 7 p.m.). The Isles sit in fourth place in the East. It is unclear whether or not defenseman Lubomir Visnovsky will return after missing the previous game due to a lower-body injury.



Expanded NFL playoffs on hold

New York Giants owner John Mara says he doubts the NFL playoffs will be expanded to a larger field of teams for next season.

"One of my [other] concerns about it was, 'when are you going to play those extra games?" Mara told ESPN. ROBERT CRISCOLA

NHL power rankings | by Rich Slate



Rangers (46-18-7)

The Rangers, Canadiens and Ducks all have 99 points (the most in the NHL) after New York caught up to the other two clubs by crushing Anaheim, 7-2, on Sunday. The only question with New York remains who is their starting goaltender in the playoffs? Cam Talbot or Henrik Lundqvist?

Canadiens ((46-20-7)

The race for the No. 1 seed in the East, not to mention the Atlantic Division crown looks destined to go down to the last day of the regular season. Montreal has won its last three games but it can't really shake Tampa Bay, which still trails the Habs by only

No. 3

two points.

Blues (45-21-7)



best goal-differential.

Lightning (45-21-7)



With only nine games left, the Lightning are peaking at the right time. Captain Steven Stamkos dropped the gloves for only the second time in his career as Tampa Bay beat the reeling Bruins, 5-3, on Sunday. Goaltender Ben Bishop earned the third star of the week in the NHL.

No. 5

Ducks (46-21-7)



it's hard to take Anaheim seriously as the top overall team since its goal-differential is just plus-10. The Ducks' five-game road trip couldn't have gotten off to a worse start than it did in New York, but I expect them to bounce back.

No. 6

Predators (44-21-8)



nadiens, Lightning, Capi-

tals, Flames and Canucks).

No. 7

B'Hawks (43-22-6)



of the hottest teams in the NHL then they noshowed in Dallas on Saturday (4-0 loss). Chicago's next three games are against non-playoff teams so they should roll. The Predators are four points ahead of the Blackhawks.

No. 8

Islanders (44-25-4)



week: Wild, Kings, Ducks and Red Wings.

No. 9

Penguins (40-22-10)

With Evgeni Malkin (28 goals, 40 assists) missing the past four games and Patric Hornqvist (23 goals, 22 assists) out since March 15, the Penguins are hanging on for dear life. Pittsburgh hosts St. Louis on Tuesday in a huge game.

Red Wings (39-21-11)

Detroit is still not right (4-6-0 in last 10 games) but Sunday's 2-1 overtime win vs. St. Louis was a great win. The Red Wings are tough to beat at home (20-7-7) and their next three games are there. There is no time to waste with Washington one point behind them.

No. 11

Wild (40-25-7)



In the second half of the season, has there been a more consistent team in the West than Minnesota? The Wild are 7-3-0 in their last 10 games and a 6-3 win over St. Louis on Saturday was impressive. Their final nine games are all against playoff teams.

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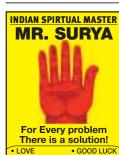
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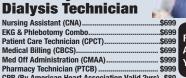
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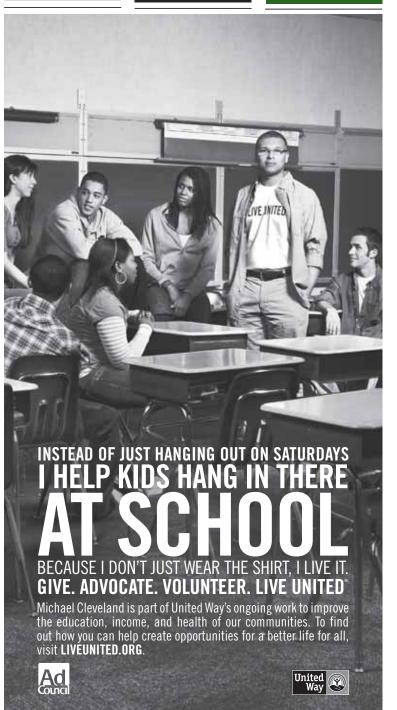
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